(The Monroe Institute Bulletin, September 1986)

QUARTERLY EXPLORER TAPE

Personal Development

Covering a variety of subjects, this quarter's Explorer tape excerpt deals primarily with the area of personal development—including exercises for altering one's concepts of time and dealing with the aging process.

Another interesting perspective on this tape is the fact that one session is monitored by an experienced Explorer, who asks some insightful questions about channeling and guidance.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 1986 The Monroe Institute